

# Tired?



It may have nothing to do with  
your lifestyle.

**O**bststructive Sleep Apnea (OSA) is a life-threatening sleep disorder that negatively impacts the health and quality of life of millions of Americans.

**S**ymptoms include:  
Snoring ■ Daytime Fatigue ■ Morning Headaches  
Obesity ■ High Blood Pressure ■ Lack of Concentration  
Large Neck Size ■ Interrupted Sleep ■ Sexual Dysfunction

**A**sk your healthcare provider if you experience any of the above symptoms, have concerns about your sleep or would like more information.

***Talk to Your Doctor About It***